

Crew Rest

GMT	Crew	Activity / <i>ODF or R/G</i>
10:30–10:40		Morning inspection
10:40–11:10		Personal hygiene (post-sleep)
11:10–12:00		Breakfast
12:00–12:40	FE-1	??? maintenance
12:00–12:05	CDR	Deactivation of CO2 scrubber
12:05–14:45		Water sample collection
12:45–12:50	FE-1	Patch panel reconfiguration
13:15–14:45		Physical exercise (TVIS+RED)
13:45–14:45	PLT	Physical exercise (CYCLE)
14:45–15:45		LUNCH
15:45–16:00	CDR	Private medical conference
16:00–16:15		Water sample collection (end)
16:15–16:40		Daily US payload status check
16:40–17:45		WMK water sample analysis
16:40–16:55	PLT	Private medical conference
16:55–17:10	FE-1	
17:20–18:50	PLT	Physical exercise (TVIS+RED)
17:50–18:50	CDR	Physical exercise (RED)
17:50–18:50	FE-1	Physical exercise (cycle)
18:50–19:20		Review of plan for upcoming day
19:20–19:35		Daily planning conference
19:35–20:05		DINNER
20:05–20:35		Daily food ration prep
20:35–21:30		Personal hygiene (pre-sleep)
21:30–06:00		Sleep

NOTE: see OSTP for references to US activities

End of radiogram